



SUMMER 2016

CREATING COMMUNITY THROUGH PEOPLE, PARKS AND PROGRAMS!

LAKE ACTIVITIES & EVENTS,
Pages 3 and 4

HOW TO REGISTER:

Classes are held at Anamax Recreation Center unless otherwise noted. All classes and programs, unless otherwise noted, are available for registration at sahuaritaaz.gov/ParksandRec or walk-in at Anamax Recreation Center, 17501 S. Camino De Las Quintas.

Find us on social media for new information, cancellations and promotions.



Youth Programs

Tiny Tykes Sports Camp

A four-week camp designed to introduce children to various sports. Children learn the basics of the game in a fun and encouraging environment.

Age:	3 to 5 years	
Day & Time:	Friday	8 – 9 a.m.
Dates & Fee:	6/10 – 7/1	\$30 (Session 1)
	7/8 – 7/29	\$30 (Session 2)

Tiny Tykes Sports

A six-week session focused on basic sports skills. Children improve hand-eye coordination, gross motor and social skills.

Age:	3 to 5 years	
Day & Time:	Friday	10 – 11 a.m.
Dates & Fee:	8/12 – 9/16	\$45

A Lot for Tots Summer Camp

Don’t miss out on Summertime Fun in Sahuarita! Preschool summer camp is exciting, educational and tons of fun! Camp includes games, crafts, music, guest speakers and ends with a family camp-out in the park on 7/29.

Age:	3 to 5 years	
Days & Time:	T/Th	9 – 11 a.m.
Dates & Fee:	6/7 – 6/30	(Session 1)
	7/5-7/28	(Session 2)
	\$120 per session	

A Lot for Tots Preschool

A Lot for Tots provides preschoolers with the opportunity to engage socially in a structured learning and play environment. This class exposes children to age-appropriate recreational activities including music, cooperative games, and outdoor playtime all while strengthening listening, learning and sharing skills.

Age:	3 to 5 years	
Days & Time:	T/ Th	9 – 11 a.m.
Dates & Fee:	8/9 – 9/15	\$180

Music Through Games

Let’s make music! This is a hands on music class that teaches rhythm, beat and basic music concepts through age-appropriate games.

Age:	3 to 6 years	
Day & Time:	M/W	10 – 11:00 a.m.
Dates & Fee:	5/9 - 6/1	\$60

Story Time

Parents, grandparents and caregivers of young children are welcome to attend our FREE story time. A partnership with United Way of Southern Arizona: children engage in active learning by reading, moving to music and art/craft projects.

Age:	All ages	
Day & Time:	M/F	11 – 11:45 a.m.
Dates & Fee:	Ongoing	FREE

Creative Dance Summer Camp

Get your toddlers moving this summer with Sahuarita Dance Center. Creative Dance Summer Camp is a fun and healthy way for children to learn basic dance, coordination and rhythm.

Age:	3 to 5 years	
Day & Time:	Monday	10 – 10:45 a.m.
Dates & Fee:	6/6 – 6/27	\$30 (Session 1)
	7/11 – 7/25	\$22.50 (Session 2)

Creative Dance

The Sahuarita Dance Center designs sessions for toddlers focused on awareness of self and others. Kids learn basic dance, coordination, rhythm, music and socialization skills.

Age:	3 to 5 years	
Day & Time:	Monday	10 – 10:45 a.m.
Dates & Fee:	8/8-9/12	\$37.50
	<i>No class Labor Day, 9/5</i>	

Wiggle Waggle Worms

The focus of Wiggle Waggle Worms is on large and small motor skill development. Children and adults share songs, play games and participate in age-appropriate obstacle courses. Active adult participation and socks required.

<i>Little Worms</i>		
Age:	9 to 18 months	
Day & Time:	Wednesday	10 – 10:45 a.m.
Dates & Fee:	Monthly	\$20 <i>except June, \$25</i>

<i>Bigger Worms</i>		
Age:	18 to 36 months	
Day & Time:	Tuesday	11:15 a.m. – 12 p.m.
Dates & Fee:	Monthly	\$20 <i>except August, \$25</i>

Kids Summer Pickleball Camp

Pickleball is a combination of tennis, badminton and table tennis.

Age:	10 to 18 years	
Day & Time:	M/T/W/Th/F	6 - 8 p.m.
Dates:	6/6 - 6/10	
Fee:	\$13, family discount available; includes t-shirt. Must wear sneakers. No other footwear.	

Register:	www.sahuaritaaz.gov/parksandrec
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Taekwondo

Southern Dragon Taekwondo offers martial arts classes for basic, intermediate and advanced skills. Classes focus on Taekwondo, fitness and self-defense. A student’s first uniform is free. A free trial class is available for interested students.

Age:	6 + years	
Day & Time:	M/T/Th/F	3:30 – 4:30 p.m.
Dates & Fee:	Ongoing	\$90 per month
	Family discount available	

Little Dragons Taekwondo

These classes focus on improving basic motor skills, listening skills and Taekwondo fundamentals. Students will also be exposed to positive social interactions. A student’s first uniform is free. A free trial class is available for interested students.

Age:	3 to 5 years	
Day & Time:	T/Th	2:45 – 3:30 p.m.
Dates & Fee:	Ongoing	\$45 per month

Karate

The Sahuarita Academy of Martial Arts (SAMA) LLC teaches introductory six-week Karate sessions for pee wee, junior and pre-teens. Classes focus on teaching basic karate skills, coordination, listening and self-discipline.

Age:	4 to 6 years	
Day & Time:	Saturday	9:30 – 10:15 a.m.

Age:	7 to 9 years	
Day & Time:	Saturday	10:15 – 11:15 a.m.

Age:	10 to 12 years	
Day & Time:	Saturday	11:15 a.m. – 12:15 p.m.

Dates:	5/21– 6/25	
	7/9-8/13	
	<i>No class 7/2</i>	
	8/20-10/1	
	<i>No class 9/24</i>	

Fee: \$60 (Plus a \$20 shirt purchased from instructor at first class)



Summer Open Rec

School is out and it’s time to find something for your kids to do. Sign them up for Sahuarita’s Open Rec program. Activities include sports, crafts, board games and movies, all in air-conditioned comfort. This program is provided by the Town of Sahuarita in partnership with SUSD and Rancho Sahuarita.

Location:	Anza Trail School	
Age:	6 to 13 years	

Day & Time:	M/T/W/Th	12:30 – 4:30 p.m.
Dates & Fee:	6/6 – 7/8	FREE
	<i>No program 7/4</i>	

Register: Pre-registration is required and can be done by calling Anamax Recreation Center (520-445-7850) or Rancho Sahuarita (520-207-7730).

*There is a daily cap of 120 children per day. Pre-registering does **NOT** guarantee your child a spot in our program everyday.*

FLIP Gymnastics Lessons

FLIP Gymnastics offers private and semi-private tumbling lessons for children and teens.

Age:	5 to 17 years	
Days & Time:	Wednesday	4 – 7 p.m.

Fee:	No. of Students	30 Minutes Per Student	One Hour Per Student
	1	\$23	\$33
	2	\$19	\$26
	3	\$16	\$20
	4	\$13	\$16

Register: Call Lou Regalado 956-884-9689 or email louregalado@yahoo.com for details/scheduling.

Summer Fun in the Sun at Sahuarita Lake Park

Looking for a new, fun and exciting way to spend time with the family or get a little exercise? Look no further than Sahuarita Lake. TG Watersports is now offering stand-up paddleboard rentals, in addition to pedal boats and kayaks on the north end of the lake, Saturdays and Sundays from 9 a.m. - 4 p.m. (weather permitting.)

Stand-up paddleboarding, otherwise known as SUP by water sports enthusiasts, is one of the fastest growing water sports in the nation. SUP involves standing on a board similar to a surfboard and propelling yourself around the lake with a long paddle. The goal is to keep your balance, not fall off and get some exercise. Of course, you may make a few splashes as you perfect your paddleboard technique, however, please remember that swimming is not allowed in the lake.

Give this new sport a try. You don't have to be a professional athlete to enjoy SUP. All you need are a few tips, some rules, a personal flotation device, a stand-up paddleboard, a paddle, and a sense for adventure. TG Watersports personnel will educate prospective paddle boarders on water safety and how to make the most of your SUP experience.

For more information see sahuaritalakerentals.com or call (520) 349-1833. A list of SUP rules and regulations is available at: sahuaritaaz.gov/SUP.

Plan to spend some time at Sahuarita Lake this summer soaking up the sun and paddling around the lake.



EVENTS

Twisted Cactus Challenge Sahuarita Triathlon

May 7-8 • Sahuarita Lake Park

This is a USA Triathlon sanctioned event taking place in and around Sahuarita Lake Park over two days. For the ambitious athlete, you can join the others participating in the sprint distance events the following day. Those choosing to do the "The Twisted Cactus DOUBLE" will receive additional "Twisted Cactus" participant awards/goodies. We will also have a youth triathlon to make this a family focused weekend!

Races

5/7: Olympic distance triathlon, duathlon and aqua bike cover a combination of 0.9 mile swim, 25 mile bike, and 6.2 mile run over a beautiful and challenging course. The duathlon option will have a short run in lieu of the swim.

5/8: Sprint distance triathlon, duathlon and youth triathlon will cover a combination of 0.5 mile swim, 12 mile bike, and 3.1 mile run.

Register: www.sahuaritatri.com

Red, White and Boom!

July 4 • Sahuarita Town Complex • 6 - 10 p.m. • FREE

The Town of Sahuarita is partnering with Rancho Sahuarita for the 4th of July Celebration. The Town of Sahuarita and Rancho Sahuarita are proud to announce that Sahuarita is bringing back a firework display. Make sure to bring your picnic chairs and blankets to watch the fireworks. There will be live entertainment, jumping castles, face painting, food for sale and other fun children's activities.

Canoe Days

Aug. 13 - 14 • Sahuarita Lake Park • 9 a.m. - 2 p.m.

Canoe Days is a FREE family event that is presented in partnership with Boy Scout Troop 301 and Rancho Sahuarita. Families can enjoy a day at the lake and a few hours of canoeing, weather permitting.

Sahuarita Teen Advisory Council

Stay tuned. The Sahuarita Teen Advisory Council (STAC) event calendar is coming this spring. STAC is planning a season full of fun events! Contact Melissa Hinkle for more information: mhinkle@sahuaritaaz.gov.

Teen Night

June 4 • Date and Time TBD • FREE

ADULT PROGRAMS

Fees for fitness classes may vary according to the instructor and dues are paid directly to the instructor at the time of class. Classes and schedules are subject to change. The current month’s schedule is available on the Parks and Recreation monthly calendar at sahuaritaaz.gov/ParksandRec.

Beginning Argentine Tango

You will learn basic steps, Tango techniques, and floor craft. No dance experience or partner required. Classes are ongoing and drop-ins are welcome. Come in and start dancing!

Day & Time: Monday 7 – 8 p.m.
Dates & Fee: Ongoing \$7 per class

Register: No registration, drop-in
Instructors: Beverly Tobiason and Chuck Soukup

Zumba®

Zumba® is a fitness class with a fun, party-like atmosphere filled with music and dance movements to tone and sculpt the body. It blends cardio and muscle-toning movements to burn calories while disguising the musical dance steps as exercise.

Day & Time: Wednesday 11 a.m. – 12 p.m.
7:15 - 8:15 p.m.
Thursday 7 – 8 p.m.
Saturday 7 – 8 a.m.
Dates & Fee: Ongoing \$3 per class - first class free

Register: No registration, drop-in
Instructor: Michelle Cadena

Jazzercise®

So you’re not a dancer. We only have one thing to say to that: who cares? Just come to class and move. This class is a full body group fitness workout which combines dance-based cardio with strength training and stretching to sculpt tone and lengthen muscles for maximum fat burn.

Day & Time: Saturday 8:15 – 9:15 a.m.
Dates & Fee: Ongoing \$8 per class

Register: No registration, drop-in
Instructor: Carol Kohler

FitBody

This class is a mix of basic, full body fitness elements that will include interval and circuit training along with body sculpting, cardio dance and mat science.

Day & Time: T/Th 7 – 8 a.m.
Dates & Fee: Ongoing \$5 per class

Register: No registration, drop-in
Instructor: Sue Jones

Chair Yoga and Strengthening

Chair Yoga is a great way to get the body moving for those who are disabled, recovering from an injury or have limited mobility. Join us for relaxation, stretching, strengthening, community and smiles. Through mindful movement, focused breath and guided meditation, you may begin to find a greater sense of relaxation and perhaps even a happier you!

Day & Time: M/W 2 – 3 p.m.
Dates & Fee: Ongoing \$4 per class
(Free w/Silversneakers® or Mercy Care Advantage Card)

Register: No registration, drop-in
Instructor: Wuanita Powers

Cardio Kickboxing

This intense kickboxing workout is a full-body interval routine that will empower and motivate you. The workout consists of boxing, kickboxing and martial arts movements along with traditional aerobics

Day & Time: Monday 8 – 8:45 a.m.
Dates & Fee: Ongoing \$5 per class

Register: No registration, drop-in
Instructor: Cecilia Estrada

Senior Cardio Boxing

Designed specifically for active adults. This class will focus on hand-eye coordination, balance and rythm as well as overall fitness. Ask the instructor and other participants why this class may help minimize symptoms associated with Parkinson’s disease.

Day & Time: T/Th 12:45 p.m. – 1:15 p.m.
Dates & Fee: Ongoing \$5 per class

Register: No registration, drop-in
Instructor: Cecilia Estrada

SilverSneakers® Strength and Balance

SilverSneakers® Strength and Balance is a low-impact class designed to improve flexibility and balance while increasing muscular endurance. Strength exercises include lifting hand-held weights, stretching and body resistance using core muscles to improve stability.

Day & Time: T/Th 1:30 – 2:30 p.m.
Dates & Fee: Ongoing \$4
(Free w/Silversneakers® card)

Register: No registration, drop-in
Instructor: Wuanita Powers

Sahuarita Hiking Club

Hit the local trails with an experienced hiking guide. Participants learn proper hiking techniques and interesting facts about desert wildlife.

Day & Hike: 5/7 Nature Trail, Moderate, 5.6 miles
5/21 De Anza Trail, Easy, 6.6 miles
6/4 Bog Springs, Moderate, 5.8 miles
6/18 Josephine Saddle, Moderate, 6.2 miles
7/2 Combo Trail, Moderate, 5.5 miles
7/16 Carrie Nation, Difficult, 3.6 miles
7/30 Rogers Rock, Moderate, 5.8 miles
8/13 Dutch John, Moderate, 6.1 miles
8/27 Baldy Trail, Difficult, 5.4 miles

Fee: \$35 for a six-month pass (includes shirt) or \$5 per hike (shirt not included)

Time & Location: Depart from Anamax Recreation Center
Departs at 7:00 a.m.

First Aid/CPR/AED course

All classes follow American Heart Association Guidelines. Each passing participant receives a course completion card.

Day & Time: Saturday 9 a.m. – 2:30 p.m.
Dates: 5/21, 6/18, 7/16, 8/20

Fee: \$50 CPR/First Aid/AED; \$35 CPR/AED
\$30 First Aid

Register: Call 520-625-9438

Taekwondo

Southern Dragon Taekwondo provides classes for basic, intermediate and advanced skills. Classes focus on fitness and self-defense. A student’s first uniform is free. A free trial class is available.

Day & Time: M/T/Th/F 3:30 – 4:30 p.m.
Dates & Fee: Ongoing \$90 per month
(Family discount available)

Pickleball Clinic

Pickleball is a combination of tennis, badminton and table tennis. Bring the entire family out to learn about pickleball.

Location: Anza Trail School Tennis Courts

Day & Time: Saturday 9 – 11 a.m.
Dates & Fee: 5/14, 5/28

Day & Time: Saturday 8 – 10 a.m.
Dates: 6/11, 6/25, 7/9, 7/23, 8/13, 8/27

Fee: Free
Register: No registration, drop-in



Pilates

Learn to effectively strengthen and train the back, abdominals and all of the core muscles that support the spine. Many notice an improvement in their golf swing and have reduced back pain. No experience required and all levels welcome. Please bring a mat and large towel to class.

Day & Time: T/Th 9:45 – 10:45 a.m.
Dates & Fee: Ongoing \$5 per class

Register: No registration, drop-in
Instructor: Sue Jones

Hatha Yoga

Hatha yoga guides people to accept, create and maintain the body, mind and spirit. Practicing yoga provides strength, stamina, flexibility and relaxation. This includes dealing with stress and learning to be content and grateful—living in the moment. Open to all levels of students.

Instructor: Debbie Stenson
Day & Time: Monday 5:30 – 6:45 p.m.
T/Th 8:30 – 9:30 a.m.

Instructor: Diana Makes
Day & Time: Wednesday 8:30 – 9:30 a.m.
Thursday 5:30 – 6:45 p.m.
Friday 8:30 – 9:30 a.m.

Instructor: Callie Norbury, RYT
Day & Time: Monday 8:55 – 9:55 a.m.
4:35 – 5:25 p.m. (Beginner)

Register: No registration, drop-in
Dates & Fee: Ongoing \$8 per class
\$65 for 10 yoga bucks
(One yoga buck buys a class)



Parks and Ramada Rentals

All six of our parks have ramada reservations available. Sports fields are available to rent at Anamax Park, Anza Trail Park and North Santa Cruz Park. Whether you want to have a birthday party or host a family softball game, we have the facility to fit your needs! Please call 520-445-7850 or come to Anamax Park Recreation Center at 17501 S. Camino De Las Quintas to begin the reservation process.

Business Hours: Monday – Friday, 8 a.m. – 5 p.m. *Ramada reservations are available online. To reserve a sports field, call 520-445-7850.*

1. Anza Trail Park

*Adopted by FC Sonora
and Southern Arizona Pickleball Association*

15490 S. Rancho Sahuarita Blvd.

Hours: M-F, 4 – 10 p.m.

Weekends, 7 a.m. – 10 p.m.

Anza Trail Park is a joint-venture park in cooperation with SUSD. This park has three lighted sports fields, two outdoor basketball courts, two tennis courts, a covered playground, public restrooms, a half-mile walking trail, and three ramadas available for rent.

2. North Santa Cruz Park

Adopted by USA Youth Sports

14455 S. Rancho Sahuarita Blvd.

Hours: 7 a.m. – 10 p.m.

North Santa Cruz Park is the newest of our parks. This park contains three lighted sports fields, four ramadas available for rent, a covered playground, a skate spot, an outdoor basketball court and public restrooms.

3. Quail Creek-Veterans Municipal Park

*Adopted by BMG Global Enterprises
& Scout Troops 454 and 328*

1905 N. Old Nogales Highway

Hours: Sunrise – Sunset

This park's first phase was built with Quail Creek Community Facilities District Funding. The park has a two-acre dog park, covered playground and covered picnic area. The park is under construction. Visit sahuaritaaz.gov/ParksandRec for updates.

4. Anamax Park

Adopted by Copper Hills Little League and AYSO Youth Soccer

17501 S. Camino De Las Quintas

Hours: 7 a.m. – 10 p.m.

Anamax Park is a 23-acre park with four ramadas available for rent, five lighted sports fields, a skate spot, a sand volleyball court, an outdoor basketball court, public restrooms, a covered playground and a one-acre dog park.

5. Parque Los Arroyos

Adopted by Los Arroyos Homeowners Association

18225 S. Avenida Arroyo Seco

Hours: Sunrise – Sunset

Parque Los Arroyos is a seven-acre neighborhood park. This park has three ramadas available for rent, a covered playground, an outdoor basketball court, a public restroom, and a walking path that surrounds the park with several more covered picnic/seating areas along the pathways.

6. Sahuarita Lake Park

15466 S. Rancho Sahuarita Blvd.

Hours: Sunrise – Sunset

Sahuarita Lake Park is a 15-acre park. This lake is part of the Urban Fishing Program. For more information regarding the rules and regulations, contact AZ Game & Fish or see the Town Park rules at sahuaritaaz.gov. Surrounding the lake is a mile-long trail with fitness stations, picnic areas and restroom facilities. The lake is not for swimming. No gas-powered engines are allowed – small watercraft only. The amphitheater is available for rent.